



# 2025 ROSEWOOD ACTIVITY CALENDAR

## Mainstream



## DECEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b> 9:30am <b>Deck the Halls/Christmas Decorations on each floor with Christmas Music</b> 10:30am Discussion Group by Invitation 1:30pm Quiet Time 2pm Bingo	<b>2</b> 9:30am Individual Visits 10am Exercises 10:45am <b>Christmas Service L4</b> 11am Art and Craft Decoration for Christmas 11am <b>Gym Balmoral</b> 11:30am <b>Squires - Banquet Rm by Invitation</b> 1:30pm Quiet Time 2pm Movie & Ice-Cream: Haul Out the Holly; Lit Up	<b>3</b> <b>Bus Outing</b> 9:30am Individual Visits 9:45am <b>Bus Outing</b> 10am Exercises 11am Sing Along 11am Global Quiz by Invitation (Banquet Room) 11am <b>Gym Waterford</b> 1:30pm Quiet Time 2pm <b>Hand Waxing - Tranquil Music</b>	<b>4</b> 9:30am Individual Visits 10am Exercises 11am Quiz 11am <b>Gym Windsor</b> 1:30pm Quiet Time 1:30pm Phoenix (by invitation only) 2pm Board / Floor Game	<b>5</b> 9:30am Individual Visits 10:30am Morning Tea 11am Bingo 1:30pm Quiet Time 1:45pm <b>Rosie's Sing Along L4</b>	<b>6</b> 10:15am Yoga Stretch & Music 10:30am Tea & Talk 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	<b>7</b> 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/! Walk/Chat
<b>8</b> 9:30am Individual Visits 10am Exercises 10:30am Discussion Group by Invitation 11am Quiz / Walk 11am <b>Gym Kensington</b> 1:30pm Quiet Time 2pm Bingo	<b>9</b> <b>Library Books</b> 9:30am Individual Visits 10am Exercises 11am Art and Craft Decoration for Christmas 10:50am <b>Yoga L4</b> 11am <b>Gym Balmoral</b> 1:30pm Quiet Time 2pm The History of the 1962 Commonwealth and Empire Games in Perth 2pm <b>Social Sewing &amp; Knitting with Bindu &amp; Irma L4</b>	<b>10</b> <b>Bus Outing</b> <b>Catholic Service</b> 9:30am Individual Visits 9:45am <b>Bus Outing</b> 10am Exercises 11am <b>Gym Waterford</b> 11am <b>Catholic Eucharist Mass Service L4</b> 11am Sing Along 1:30pm Quiet Time 2pm Hand Pamper - Tranquil Music	<b>11</b> <b>9:30-11am Judging Deck the Doors</b> 9:30am Individual Visits 10am Exercises 11am Reminiscing 11am <b>Gym Windsor</b> 1:30pm Quiet Time 2pm <b>Gardening</b>	<b>12</b> <b>Orthodox Service</b> 9:30am Individual Visits 10:30am Morning Tea 11am Bingo 11am <b>Greek Orthodox Service L4</b> 1:30pm Quiet Time 1:45pm <b>Rosies ~ Harry 1 Man Band L4</b>	<b>13</b> 10:15am Yoga Stretch & Music 10:30am Tea & Talk 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	<b>14</b> 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/! Walk/Chat





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# DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>15</b> 9:30am Individual Visits 10am Exercises 10:30am Discussion Group by Invitation 11am Quiz / Walk 11am <b>Gym Kensington</b> 1:30pm Quiet Time 2pm Bingo	<b>16</b> 9:30am Individual Visits 10am Exercises 11am Art and Craft Decoration for Christmas 11am <b>Gym Balmoral</b> 1:30pm Quiet Time 2pm Gandhi - India's Great Soul Documentary	<b>17 Christmas Party</b>  11:30am <b>Resident's Christmas Party with Lorna, Santa &amp; His Helpers</b>	<b>18</b> 9:30am Individual Visits 10am Exercises 11am Maths Quiz/ Walk 11am <b>Gym Windsor</b> 11am <b>Ballet4Wellbeing L4</b> 11am <b>Resident Meeting L4</b> 1:30pm Quiet Time 1:30pm Phoenix (by invitation only) 2pm Sip and Paint	<b>19</b> 9:30am Individual Visits 10:30am Morning Tea 11am Bingo 1:30pm Quiet Time 1:45pm <b>Rosie's on Your Floor</b>	<b>20</b> 10:15am Yoga Stretch & Music 10:30am Tea & Talk 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	<b>21</b> 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/! Walk/Chat
<b>22</b> 9:30am Individual Visits 10am Exercises 10:30am Discussion Group by Invitation 11am <b>Speaking French with Sylvia</b> 11am <b>Gym Kensington</b> 1:30pm Quiet Time 2pm Bingo	<b>23</b> 9:30am Individual Visits 10am Exercises 10:50am <b>Yoga L4</b> 11am <b>Gym Balmoral</b> 1:30pm Quiet Time 2pm <b>Andre Rieu - Christmas Down Under (live in Sydney)</b>	<b>24 Christmas Eve</b> 9:30am Individual Visits 10am Exercises 11am <b>Gym Waterford</b> 11am Christmas Song Sing Along 1:30pm Quiet Time 2pm Hand Pamper with Tranquil Christmas Music	<b>25 Christmas Day</b> 8am <b>Assist Residents to get ready for Christmas Day</b> 	<b>26 Boxing Day</b> 9:30am Individual Visits 10:30am Morning Tea 11am Bingo 1:30pm Quiet Time 1:45pm <b>Rosie's on Your Floor</b>	<b>27</b> 10:15am Yoga Stretch & Music 10:30am Tea & Talk 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	<b>28</b> 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/! Walk/Chat
<b>29</b> 9:30am Individual Visits 10am Exercises 10:30am Discussion Group by Invitation 11am <b>Gym Kensington</b> 1:30pm Quiet Time 2pm Bingo	<b>30</b> 9:30am Individual Visits 10am Exercises 11am Art and Craft 11am <b>Gym Balmoral</b> 1:30pm Quiet Time 1:30pm <b>Wicked: Movie &amp; Ice-Cream</b>	<b>31 New Year's Eve</b> 9:30am Individual Visits 10am Exercises 11am <b>Gym Waterford</b> 11am Sing Along 1:30pm Quiet Time 2pm Hand Pamper with Tranquil Music				<ul style="list-style-type: none"> <li>Lifestyle Activities are subject to change without notice due to staffing &amp; other unforeseen circumstances.</li> <li>Should we get Covid in our home it will have a significant impact on our Lifestyle program.</li> <li>There are often Individual Activities running in the background.</li> <li>Walks subject to temperature and weather conditions.</li> <li>Activities in this colour are only for that floor.</li> <li>Activities in this colour are a little special.</li> <li>Yoga is every 2nd and 4th Tuesday.</li> <li>Knitting is on every 2nd Monday.</li> <li>This activity is tentatively in place and whether it goes ahead will be determined by our outbreak situation.</li> <li>Activities in this colour are not on every week.</li> </ul>